

# LUNCH BUNCH BUNDLE

low prep materials to get started  
get to know you card game  
all about me craft activity



lunch bunch starter kit



conversation starter  
game



all about me craft

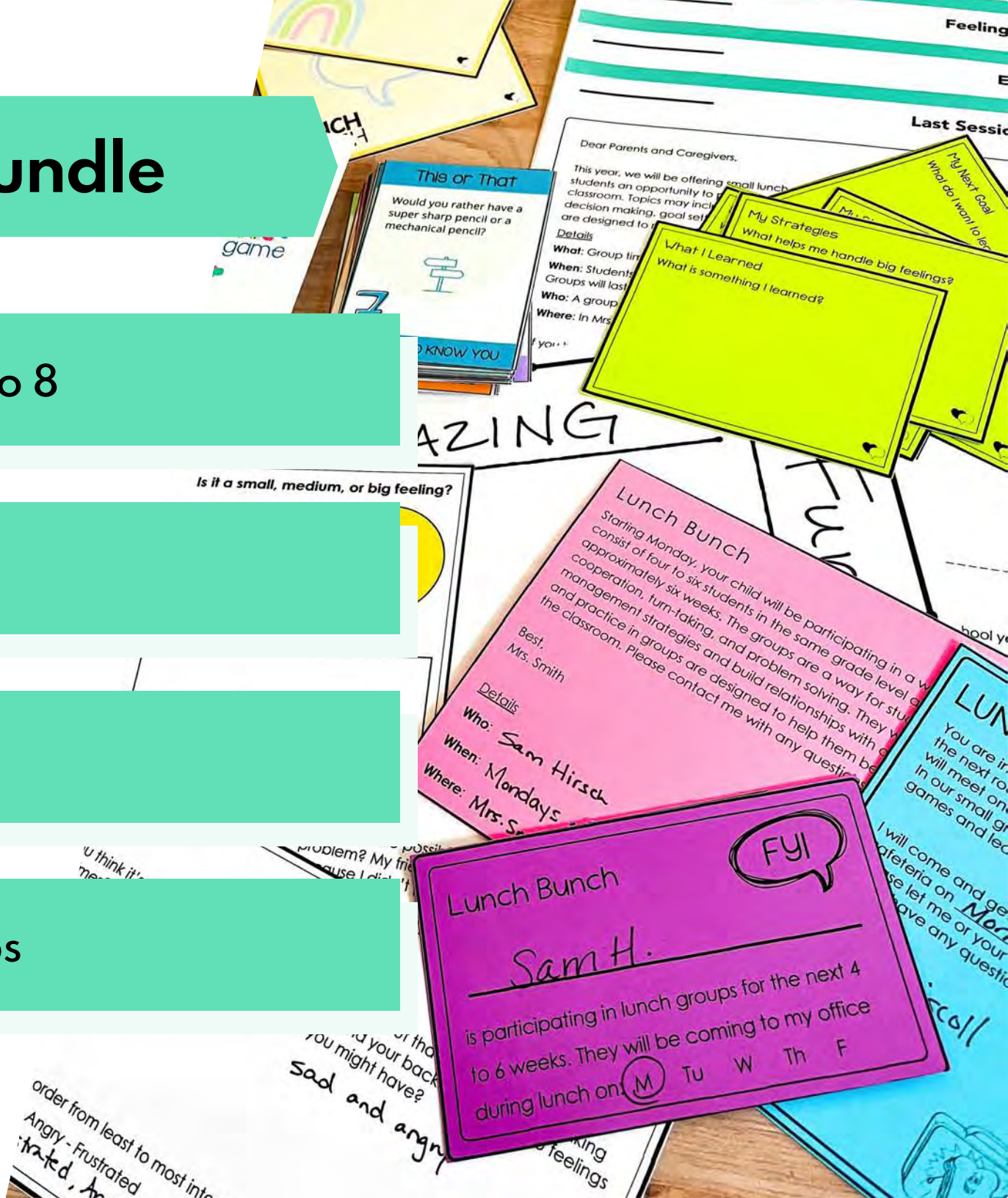
# Lunch Bunch Bundle

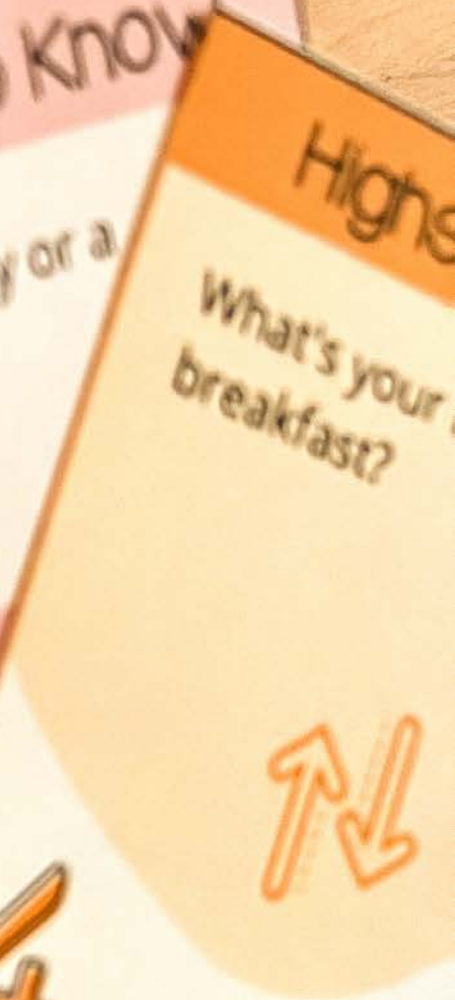
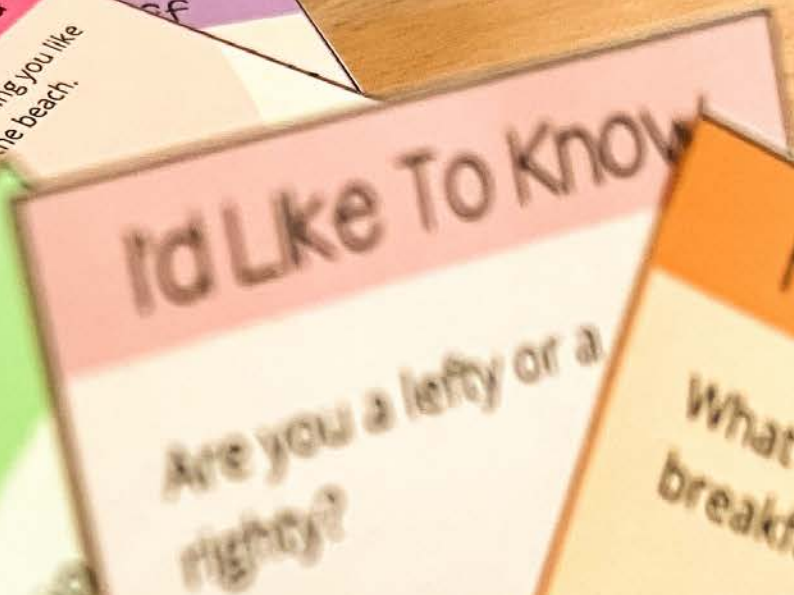
Perfect for grades 3 to 8

Low prep materials

In Color and BW

great for small groups





Get to know you card game to start conversations



All about me craft activity

# Lunch GROUPS

What you say in here stays in here

unless

- Someone is hurting you.
- You want to hurt yourself.
- You want to hurt someone.
- Decision to

LUNCH BUNCH

LUNCH BUNCH

You are invited to participate in the next round of lunch groups! We will meet once a week this month. In our small group, we will play games and learn new skills.

First Session Activity

Feelings Check-In

Exit Tickets

Last Session Activity

Now lunch bunch doesn't necessarily need a formal termination process the way referral-based group and individual counseling would. But there are a few good reasons to have a predictable last session for lunch bunches. For students, it provides them with closure and a really perfect that last session over time. As a counselor, it will help you eliminate some planning and

Before the last meeting: Preview that lunch bunch will be ending. When you start lunch bunches, make sure students know that it's

The AMAZING

Exit Ticket

Think

Do you think it's okay to feel sad sometimes?  
Yes  
Maybe

Is it a small, medium, or big feeling?

I'm feeling



happy



meh



sad



y



proud



angry



nervous



tired



ot



small



medium



big

Show

You find out that your friend is behind your back. What are you might have?  
sad and angry

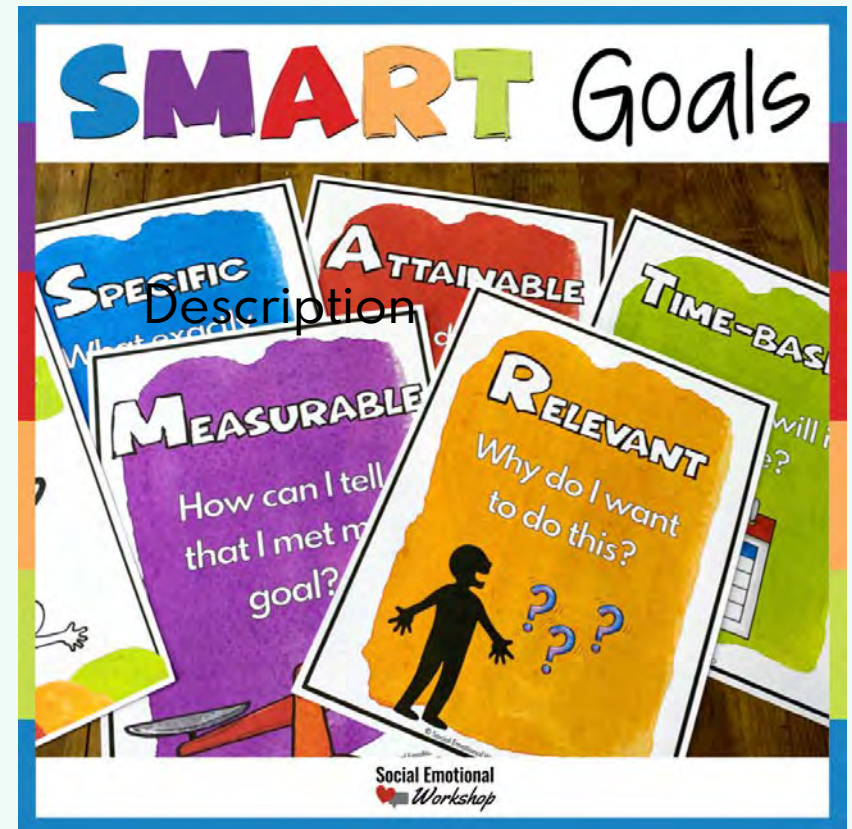
✓  
editable forms  
reusable materials  
low prep activities

10 weeks  
during lunch on (M) Tu W Th F

# YOU MIGHT LIKE



**Self Regulation  
Game Bundle**



**SMART Goal Lessons  
Print and Digital**

# LUNCH BUNCH BUNDLE

What you say in here stays in here



GETTING TO KNOW YOU card game

This or That  
Would you rather have a super sharp pencil or a mechanical pencil?  
7  
GETTING TO KNOW YOU

First Session Activity

Feelings Check-In

Exit Tickets

Last Session Activity

Dear Parents and Caregivers,

This year, we will be offering small lunch groups to give students an opportunity to work together in the classroom. Topics may include social skills, decision making, goal setting, and problem solving. These are designed to help students build relationships and learn new skills.

**Details:**  
**What:** Group lunch  
**When:** Students will last for 15 minutes  
**Who:** A group of 4-6 students  
**Where:** In Mrs. Smith's classroom

**My Next Goal**  
What do I want to learn?

**My Strategies**  
What helps me handle big feelings?

**What I Learned**  
What is something I learned?

unless

- Someone is hurting you
- You want to hurt yourself
- You want to hurt someone else
- You give me permission to hurt another person

Is it a small, medium, or big feeling?

**I'm feeling**

happy	meh	sad
silly	proud	angry
nervous	tired	

small medium big

AMAZING

**Lunch Bunch**

Starting Monday, your child will be participating in a small lunch group. These groups consist of four to six students in the same grade level who will work together on cooperation, turn-taking, and problem solving. They will practice in groups and build relationships with one another. The management strategies and problem solving are designed to help them be successful in the classroom. Please contact me with any questions.

Best,  
Mrs. Smith

**Details:**  
**Who:** Sam Hirsch  
**When:** Mondays  
**Where:** Mrs. Smith's classroom

**LUNCH BUNCH**

You are invited to participate in the next round of lunch groups! We will meet once a week this month. In our small group, we will play games and learn new skills.

I will come and get you from the cafeteria on Monday. Please let me or your teacher know if you have any questions.

**Lunch Bunch**

Sam H.

is participating in lunch groups for the next 4 to 6 weeks. They will be coming to my office during lunch on M Tu W Th F

ALL ABOUT ME

My name is

**Exit Ticket**

**Think**  
Do you think it's okay to feel sad sometimes?  
Yes  Maybe  No

**Show**  
What are two possible solutions to the problem? My friend said I didn't have to be sad and angry.

**Know**  
Put the feelings in order from least to most intense.  
Furious - Bothered - Angry - Frustrated  
Bothered, Frustrated, Angry, Furious